

# 1. Foot Work.

Natural Opposite

[Whip Night]



Women's

first walk = right foot.

first triple = right foot.










Men's

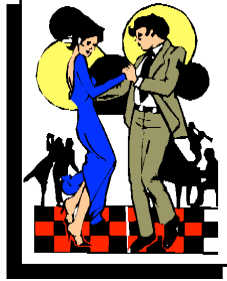
first walk = left foot.

first triple = left foot.



<h2>2. Arm Tension Theory</h2> <p>Equal but Opposite</p> <p>Arm Tension</p>		
		
<p>Equal but Opposite</p>	<p>Same for every form of dance</p>	
<p>Frame</p>	 <p><small>ClipartOf.com/225781</small></p>	
<p>Body Leads</p>		
<p>How do we move?</p>	<p>Without Arm Tension</p>	<p>Visual</p> <p>Synchronized Swimming</p>
<p>Arm tension is how we move as a unit</p>	<p>With Arm tension</p>	<p>By Feel</p>

### 3. Arm Tension Exercises



**Open Position**

Patty Cake

Forward

Back

**Closed Position**

Billowed Sail

Maintain  
Connection



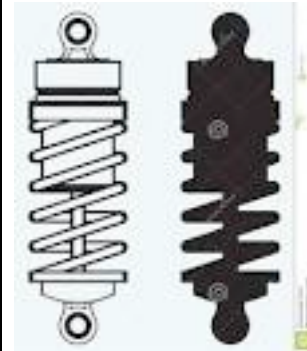
# 4. Leverage & Compression



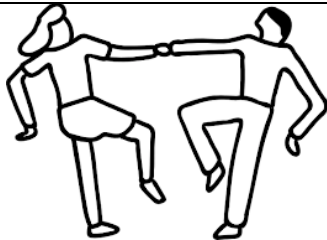
**Compression**



**Lean forward onto your toes**



**Leverage**



**Stretch back onto your heels**



**Leverage & Compression Exercise**

**V & A**